

**MEDICINE OF ANCIENT ASIAN PEOPLES**

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**Abstract:**

The history of medicine has a special place among other medical sciences. He studies medicine in a wider and deeper way. The progress of medicine opens its laws. It is important for future judges (doctors) to know the history of medicine is important. The history of medicine is the essence of medicine program for students to understand and study the laws of its development serves as Increases their level and level of knowledge. Students study the history of medicine and the development of human society the opinion of medical scientists who lived in different eras about medicine and get acquainted with their opinions. These thoughts and opinions are in every era has a unique concept and idea. History of medicine in general students are deeply knowledgeable in professional-aesthetic and educational-spiritual aspects plays a big role in their development as specialists.

**Keywords:** purification, lymphatic vessels, medicinal plants, treatment, prevention, medicinal substances.

**INTRODUCTION**

The medicine of the peoples who lived in the territory of ancient Central Asia (our ancestors) was similar to the medicine of other Eastern peoples. In particular, the commonality between the medicine of Iran and the medicine of the peoples of Central Asia is significant. The natural and geographical conditions, lifestyle, traditions, and religious beliefs (Zoroastrianism) of these regions were very close to each other. Therefore, their medicine also had a general character.

We find the first written information about the medicine of the peoples who lived in Central Asia, especially in the territory of Uzbekistan, in the Zoroastrian religious-sacred book "Avesta". Avesta is a sacred book about the religious beliefs of the peoples who lived in the territory of Central Asia, Iran and Azerbaijan in ancient times. It is believed that the book was written by Zoroaster who lived in the 6th century BC. Abu Rayhan Beruni was of the same opinion. He called this person Zaradusht ibn Safid Tum an.

Avesta contains a lot of information about the socio-economic and spiritual-educational life of the peoples who lived in Central Asia and neighboring countries. It also contains medical information. The book first recognizes that medicine is an independent profession and emphasizes that doctors should be paid for treating patients. It is said in the book: "Priests should be paid for praying, doctors should be paid for healing the sick, according to the income of those who called them." In this case, the salary of doctors is officially determined. For example, it is indicated that two pairs of black cattle should be given for treating the governor of the region, a horse carriage for treating the district governor, and one bull for treating the head of the community.

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**LITERATURE ANALYSIS AND METHODOLOGY**

Avesta consists of three books. The first book is called "Vendidad" ("Videvdat"). It consists of a set of laws about physical and spiritual purification. The second book is called "Visperd" ("Vispart"), that is, knowing everything. It consists of concepts about people's lives. The third book is called Yasna. This book shows the rules of worship of the Zoroastrian religion. The most important of these books for us is Vendidad. This book contains important medical information. Vendidad consists of 22 chapters. 8 of them (chapters V-XII) are of special importance from the point of view of medicine. In particular, it shows what needs to be done to maintain health. First of all, the need to be careful with the dead person's body is emphasized. According to the book, the body of a dead person has a dangerous feature for the living. That is why it is recommended not to approach the corpse. It seems that even at that time, people were aware of the existence of corpse poison. In addition, they must have assumed that various infectious diseases can spread through the corpse. The religion of Zoroastrianism declared the earth, water and air to be sacred. It was considered a great sin to pollute them. As long as the corpse has harmful properties, it cannot be buried, immersed in water, or burned. Because it poisons these natural factors. As a result, many people will be harmed. For this reason, they took the body of the dead person to a place far away from the inhabited area and left it exposed on the hills. There, after the wild animals had eaten the soft parts of the corpse, they collected its bones, put them in ossuaries (ossuaries) and kept them in a cage (shelf) specially built at home. Such ossuaries are found in many regions of Central Asia. According to the inscription, Trita was the first to practice medicine. He was the first to save people from disease and death. God of Goodness Trita sent 10,000 different medicines from Sam to cure Okhramazda's illness. Trita is the priest who gave birth to the drink called haoma. Khaoma is called the source of life and health.

Avesta also mentions a doctor named Traeton. Ancient Iranians call him the god of medicine. They write that Traeton discovered a medicine that cures various diseases such as fevers, itching, and poisoning. In our opinion, Trita and Traeton are probably the same breed called by two names.

In the Avesta there is a story about the origin of medicine. It is said that people were taught the art of medicine by a man named Yima. They attribute him to Prophet Noah.

Avesta also contains some information about human anatomy and physiology. It states that the human body consists of the following parts: bones, muscles, fat, brain, veins, blood, liver, and liver fat. It is indicated that there are two types of blood. One of them is red (healthy) blood and the other is black (unhealthy) blood. In addition to these, it is shown that there is also a vessel that carries white blood or does not carry blood in general. Lymphatic vessels (vessels) or nerve vessels are probably meant here. In the book, there is a unique idea about the appearance of blood, grass (liver grass) and offspring. It says that bile is developed in the liver, blood in the heart, and offspring (seed) in the cavity (canal) of the spinal column. It is believed that the centers of sensation, smell, hearing, sight and taste are located in the brain. Of the human organs, bone marrow is of particular importance. It is written that the center of life is located there. Life is shown to be a fiery process. And it is said to burn out. Several different opinions have been expressed regarding the origin of diseases.

First of all, the disease is associated with an ignorant deity called Ahriman. It was believed that any disease begins when the spirit of this Ahriman enters the human body. It is said that the disease is also caused by the impact of harmful wind on the human body. It is written that there are two types of wind - hot and cold. A cold wind produces coldness, a warm wind produces heat. Hot wind is especially dangerous. Because it is said that there will be visible small pieces of Ahriman. In addition to these imaginative ideas, the book also contains practical considerations that are close to reality. For example, food is included among the factors that cause disease. In particular, there is a correct opinion that not eating enough food, or on the contrary, bad food, poor quality food causes illness. The mental state of people is also given special importance. For example, it is said that "deep thinking", that is, mental depression, causes illness. It is written that the disease also occurs as a result of the bites of various insects. However, it is a misconception that insects are sent by Ahriman. In the matter of getting rid of diseases, it is said that you should first worship the god of goodness, Okhramazda, only with his help you can get rid of the disease.

Practically, the Avesta prescribes three types of treatment. These are knife treatment, i.e. surgery, herbal treatment, and ablution method. From the point of view of modern science, the last method can be called psychotherapy. However, doctors of that time understood the essence of this method differently. In their opinion, the disease is caused by ignorant forces, so they thought that it should be expelled from the body by means of witchcraft and witchcraft. This method was considered the main method of treatment. Surgical methods were widely used in practical medicine. So, at that time, surgery was well developed. There were also good experienced surgeons. Medicinal plants were widely used in the treatment of patients.

In the Avesta, it is indicated that many medicines are obtained from plants. In the book, it is noted that there are many poisonous plants and it is emphasized to be careful with them. In the Avesta, special importance is given to the issue of what is the main task of medicine. In this matter, the opinion expressed in the Avesta is also correct from the point of view of modern science. For example, it states that the main task of medicine is to maintain the health of the body. In order to maintain the health of the body and successfully fight against various diseases, it is recommended to follow hygienic rules and to improve housing. In particular, not to get close to things that are rotting, to keep the dwellings tidy, to pay attention to landscaping, and to use the cultivated fields correctly. Plant more fruit trees, etc. Zoroaster emphasized that one of the most important measures is to provide the population with clean water. It is indicated that food products consumed by the population should be sufficient and of good quality.

## RESULTS AND DISCUSSION

The book pays special attention to the issue of proper nutrition. It is said that people who are not fed enough will be weak and their children will not grow well. In the Avesta, it is said that the one who goes without food for a long time becomes weak and loses the ability to create a child. Zoroastrian also gave importance to some demographic issues. For example, he considered population growth to be a positive process. Young people should grow physically and mentally mature, he said. According to Zoroaster, a girl can bear children from the age of 15. So, it is possible for him to touch the ground from this age. For the health of the population (nation), a

young man should marry only a healthy girl. It is necessary for the husband to create healthy living conditions for his wife. He should take special care of his wife especially when she is pregnant. Only then will a woman give birth to a mature and healthy child. Zoroastrian religion differs from other religions in its closeness to life. He condemns indulgence in asceticism. According to it, people can create the best living conditions for themselves in the real world with their work and live a healthy, long life.

According to the Avesta, the medicine of the peoples of Central Asia and their results are as follows. At the end of the 4th century BC, Alexander the Macedonian army conquered Central Asia. First, Greek-Macedonian, then Greek-Bactrian states were formed here. The Greeks brought their way of life and culture to Central Asia. At that time, Greece was world famous for its high culture and science. Great philosophers, scientists, wise men grew up in the country. Among them there were famous judges. The most famous of them is the great Hippocrates, who founded the world scientific medicine. After the Greeks conquered Central Asia and established their empires, Greek merchants, tourists and people of various professions began to come here. Many of them grew up in the cities of Central Asia and began to work here in their professions. There were many judges among them. However, we do not have information about the medicine of that time. At the end of the 2nd century BC, the Greco-Bactrian state collapsed, and the Kushan state arose in its place. According to historical records, the Kushan state had trade and economic relations with many Eastern and Western countries. Experience and knowledge were also exchanged in the field of medicine. Medicines used by Central Asian healers are enriched with medicinal substances imported from abroad.

The Kushan state ruled until the 5th century AD. In the middle of the 6th century, the Hephthalite state was established. The era of the Hephthalites was a period of economic and cultural upheaval in the life of the peoples here. The most important event of this period was the invention of writing. The discovery of the inscription was very important in the cultural and scientific life of the country. The first books began to appear. Among them, of course, there were those related to medicine. However, the medical records of that patient have not yet been found. At that time, Buddhism and other religions began to spread in Central Asia. But, Zardushtism was also preserved. However, he discovered a different meaning compared to earlier Zoroastrianism. He got confused with other religions. New concepts appeared in it. In particular, he was associated with the names of legendary figures such as Anakhita, Siyovush and Mitra. The Ephthalite state ruled until the end of the 6th century. By this time, the Turkic khanate was established in Central Asia. The Turkish rulers attached great importance to the political and cultural development of the country. Trade and cultural relations were established with advanced countries such as ancient Byzantium, China, and India. The domestic market and foreign trade began to develop rapidly in the cities of the country. For example, at that time Shosh (Tashkent) was known as the city of merchants.

## CONCLUSION

In the process of general economic and cultural development, medicine also developed. However, we do not have a clear name about the medicine of that time. We can think about their medical concepts by looking at the way of life and some customs of the people who lived in that

time. For example, foreign representatives who came to the khakan were passing between two burning bonfires. After that, they were received by the king. Maybe this custom is a measure to prevent a disease that may come from a foreign country? In order to protect young children from illness, the Turkic peoples who lived at that time drew a picture of a cross on their foreheads with long-lasting paint. These are very simple "medical measures", of course.

But in any case, taking measures to prevent the spread of the disease shows that medicine is important. Even if the medicine of those times was not described in special books, there were people who treated the sick among the people. They were representatives of folk medicine. These people treated patients with great success based mainly on their own empirical experience.

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